Wakeboarding: Ride the Elements with an Extreme Water Sport by Ted Muise

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Water sports are a great way to stay fit and healthy while enjoying the rush of the moment. Itâ€™s just you and the vast blue waters that spread to the horizon. You can enjoy basic water sports such as swimming, boating, canoeing, sailing, and water polo. Taking water sports to the higher level is, however â€œextremeâ€•. Extreme water sports have higher risks because they generally involve height, speed, specialized gears, intense stunts, and a lot of physical energy. One such extreme water sport that combines the principles and techniques of water skiing, snowboarding, and surfing is wakeboarding.

Begin with the earth.

Every wakeboarder begins on land. Immediately running for the water without any preparation can have deadly consequences. You practice your stance, position, and techniques on the ground before heading to the waterâ€™s surface. You also create hand signals with your boat driver before riding. You may not ride your wakeboard on land, but itâ€™s where a wake boarderâ€™s skills are born.

Light and kindle the fire.

Fire is everywhere in wakeboarding. It starts with the passion in your heart, followed by the hot friction of your hands on the rope, fueled by the adrenaline rush through your veins, and ignited by the extreme stunts or tricks youâ€™ll eventually learn and master. If you add the amazing light and heat of the sun, wakeboarding doesnâ€™t just give you an athletic physique, it gives you a sizzling tan. Arenâ€™ these benefits blazing enough to keep the wakeboarding fire burning?

Ride like the wind.

You canâ€™t separate wind from the water. The blow of the wind on your body is a vital part of the wakeboarding experience. As you mount your Hyperlite wakeboard , bend your knees and wait for the tug of the rope; the wind is like an assuring hand. It begins as a soft caress, encouraging you to brave the waves and becomes a strong invisible force that pushes you to the limits of speed.

Flow with the water.

Hyperlite wakeboards are made for you and the water. The wakeboard becomes a medium to make you one with the water. It becomes your link to the waves and wind as you hit the wake and launch into the air.

Water is the major element of wakeboarding that you need to tame and dominate to prove yourself as a skilled wakeboarder.

Have strength like metal.

CWB wakeboards or any other types of wakeboards are like variables in the complicated equation of wakeboarding. However, your physical and emotional strength as a person is a significant constant that canâ€™t be excluded. Read more about wakeboarding at wikihow.com.

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